

CENTERS: Albany, Schenectady, Cohoes, Amsterdam and Bennington

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### **VIRTUAL Pregnancy Classes**

Whether you just found out that you are pregnant or your due date is right around the corner, join us for education, support and encouragement as we journey through pregnancy together.

**Class is for expecting parents only.**

**\*You must complete specific classes for the layette program**

#### **Tuesdays 10:00-11:00 am**

Jan 14 - Prenatal Care  
Jan 21 - Your Ultrasound Appointment  
Jan 28 - Simple Infant Care  
Feb 4 - Smoking & Alcohol During Pregnancy  
Feb 11 - Eating For Two  
Feb 18 - Comfort Measures  
Feb 25 - Breastfeeding: Getting Started  
Mar 4 - Emotions of Pregnancy  
Mar 11 - Preparing for a C--Section  
Mar 18 -Postpartum

#### **Wednesdays 6:00-7:00 pm**

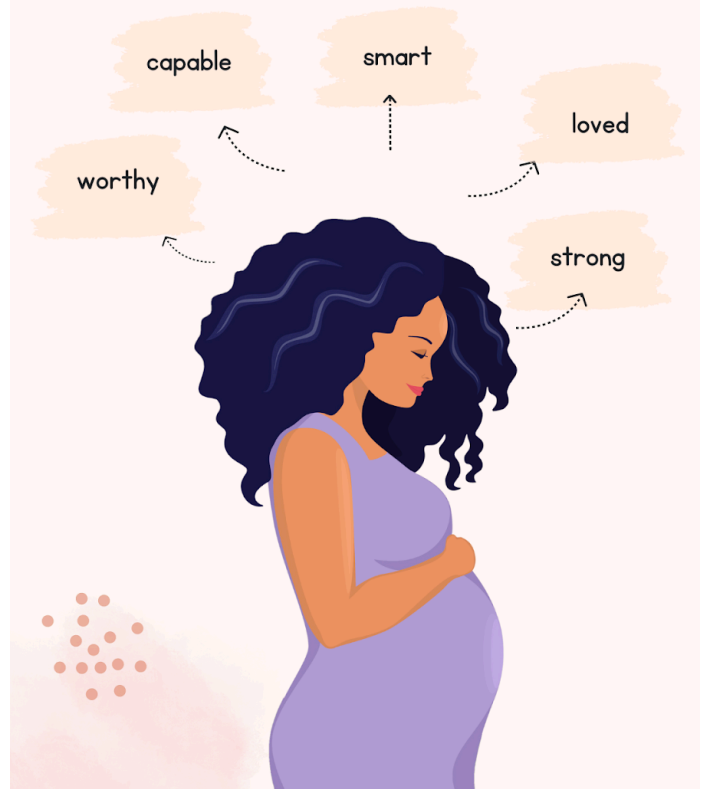
Jan 15 - Infant Hygiene  
Jan 22 - Taking Care of Yourself After Birth  
Jan 29 - Your Third Trimester  
Feb 5 - Feeding Baby the Bottle  
Feb 12 - Unborn Baby's Secret World  
Feb 19 -Prenatal Care  
Feb 26 - Your First Trimester  
Mar 5 -Breastfeeding: Problems and Solutions  
Mar 12 -Medical Interventions  
Mar 19 -What's Safe During Pregnancy

#### **Thursdays 9:30-10:30 am**

Jan 16 - Taking Care of Yourself After Birth  
Jan 23 - Getting Ready (Labor)  
Jan 30 - Bonding with Your Unborn Baby  
Feb 6 - Training Your Birth Coach  
Feb 13 - Drug Use During Pregnancy  
Feb 20 - Successful Breastfeeding  
Feb 27 - Your Second Trimester  
Mar 6 - Simple Infant Care  
Mar 13 - Your Ultrasound Appointment  
Mar 20 - Prenatal Care

**Welcome to our Winter Session of virtual classes.** Each class is a 10 week session and then we take a short break until the next session. Our next sessions are Spring/Summer (May 12th-July 18th) and Fall (Sept 15-Nov 17)

*remember you are...*



**VIRTUAL Parenting Classes**

**Mondays 6:00 - 7:00 pm (The Toddler Years)**

- Jan 13 -Sleeping, Bedtimes, and Mornings
- Jan 20 - Toddler Oral Health
- Feb 3 -Tantrums
- Feb 10 - Potty Training
- Feb 17 - The Importance of Words
- Feb 24 -The Importance of Play
- Mar 3 - Toddler Accidents
- Mar 10 -Toddler Safety
- Mar 17 -Toddler Illness

**Tuesdays 11:30am-12:30 pm (New Baby & The First Year)**

- Jan 14 -Crying
- Jan 21 -Infant Expectations
- Jan 28 -Baby on the Move
- Feb 4 -Infant Accidents
- Feb 11 -Teething Time
- Feb 18 - Shaken Baby Syndrome
- Feb 25 -Preventing Child Sexual Abuse
- Mar 4 - Infant & Child CPR
- Mar 11 - Newborn Sickness
- Mar 18 - Getting Your Baby to Sleep

**Tuesdays 1:00-2:00pm (Parenting Life Skills)**

- Jan 14 - Taking Care of Hygiene
- Jan 21 -Screentime and You
- Jan 28 -Home Health
- Feb 4 -Anger Management
- Feb 11 - Finding a Job
- Feb 18 -Depression & Suicide
- Feb 25 - Successful Family Living
- Mar 4 -Budgeting 101
- Mar 11 -What is a Family?
- Mar 18 -Fighting the Impulse to Spend

**VIRTUAL Christian Value Classes**

**Tuesdays 6:00-7:00 pm (Biblical Parenting, Biblical Living)**

- Jan 14 - Strong Belief and 24/7 Modeling
- Jan 21 -Encouraging Words and Genuine Affection
- Jan 28 - Consistent Presence and Peaceful Home
- Feb 4 -Delicate Discipline Activate Responsibility
- Feb 11 - Positive Memories and Serious Fun
- Feb 18 -Parenting in a Sexualized Culture: Intro
- Feb 25 -The Conversation
- Mar 4 -The Technology
- Mar 11 -The Legacy
- Mar 18 - Open Forum

**Wednesday BIBLE STUDY 1:00-2:00 pm**

Jan 15 - Mar 19. All are welcome.

**Thursday BIBLE STUDY 11:00 am-12:00 pm**

Jan 16 - Mar 20. All are welcome.

**This is a class to explore the basics of Christianity. Are you seeking? Are you curious?**

**Thursdays 1:00-2:00 pm (Your Life, God's Design)**

- Jan 16 -Boundaries
- Jan 23 - Making the Marriage Choice
- Jan 30 - Unhealthy Boundaries
- Feb 6 - Cohabitation
- Feb 13 - Single Parenting
- Feb 20 - Coparenting
- Feb 27 -Words Matter: Hurtful Words
- Mar 6 -Words Matter: Silent Words
- Mar 13 -Words Matter: Magic Words
- Mar 20 -Words Matter: No Words

